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AUGUST 2014

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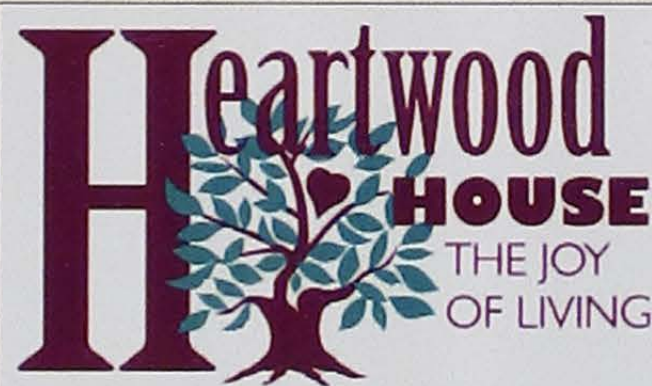
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ON THE COVER: Ballard High School's Lisa Ronca helps students shine in the spotlight as the school's speech coach. Photo by Nirmalendu Majumdar/Facets

EDITOR'S NOTE

This time of year is always a bit bittersweet for me. It's inevitable that during my weekly trip to the store for groceries that I'm inundated with aisles and aisles of shiny and colorful new school supplies.

Back-to-school always used to be my favorite time of year, merely because of the prospect of a desk or locker or backpack full of immaculate erasers and perfect, untouched boxes of crayons (which I always thought smelled really good, too ... or maybe I'm the only one?).

My parents allowed each of us four kids only one "cool" folder each year, and mandated the rest of our supplies come from the ten-cent bins, which I now realize was incredibly sensible of them.

I've found that these folders have the uncanny ability to define exactly what "cool" is for any given year — well, at least when I was in elementary school.

Back then, they were adorned with kittens, puppies and the obnoxious rainbow colors of Lisa Frank-branded merchandise. Now, I'm sure it errs more on the side of supplies featuring the likes of One Direction and Elsa and Anna from Disney's "Frozen."

There's good news, though: those rows and rows of rulers and composition notebooks might as well be the light at the end of the never-ending tunnel that is summer vacation.

Henceforth, for our August issue, we've taken on back-to-school season by profiling a teacher, featuring a brand new school (and its newest outdoor elements) and explored the impact new facilities can have on a community.

Ballard High School's Lisa Ronca has taught a myriad of subjects to students since she began 20 years ago, but one thing has remained constant — her presence as the school's speech coach. She's used her many talents to send numerous students to state competitions, guiding their rehearsal process all the way.

On July 10, the doors to the new Edwards Elementary School, located at 820 Miller Ave. in southwest Ames, opened for the first time to parents and students for an open house. The new facility, which replaces the aging building on Westwood Drive, is the first of the Ames school district's overhaul of the elementary buildings. Turn to page 8 for photos and an overview of the features the new school will offer its students.

Essential to any school is the outdoor



space it provides its students. After many years of unchanged and aging equipment, many of the schools in the Ames district have opted to replace or remodel their playground equipment. Read about what's going on at each school, plus find the details for the groundbreaking ceremony set to take place at Fellows Elementary on page 15.

Speaking of new facilities, the new auditorium located at Gilbert High School has spurred an initiative beyond its original intentions in the form of a summer community theater. Read about it on page 18.

There's also something to be said for the opportunity to start anew each school year, and Mary Clare Lokken has plenty of style tips to help you start the new year on a fashionable foot. Whether you're a parent or a professor — or your 10-year-old wants purple highlights — she outlines what's in style for school this year.

Dietician Nicole Arnold talks about smart snacking for you and your children, and, in case you're still pining for summer, relive the Ames 150 on the 4th celebration through our photos pages.

Best wishes to you as you begin anew this school year!

Nicole Wiegand

NICOLE WIEGAND

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Ballard High School speech coach Lisa Ronca has taught many subjects in her 20 years at the school, but she's always been guiding students on stage — and, in many cases, to state competitions.



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See who's been out and about over the course of the last month at the Ames 150 on the 4th celebration.

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Ballard High School speech coach Lisa Ronca has coached the team for more than 20 years and led students to multiple state competitions. PHOTO BY NIRMALENDU MAJUMDAR/FACETS

FINDING THEIR VOICES

Ballard speech coach Lisa Ronca has led her students to both state competitions and to success later in life.

BY JULIE FERRELL

Throughout the school year, students are expected to learn their core classes like math, science and history. But one local teacher is helping Ballard High School students excel in another field: public speaking.

For the last 20 years, Lisa Ronca has coached the Ballard speech team and led her students to earning some of the top awards at the annual Iowa High School Speech Association competitions.

Ronca first began working with the fine art when she majored in speech theater education at Wartburg College in Waverly and Simpson College in Indianola. Since starting at Ballard High School in 1994, Ronca has taught speech, theater, web page design, video production, computer graphics and photography. But one of her top priorities throughout the school year is helping students become more comfortable with public speaking.

"The goal (of speech) always is to get kids to break out of their anxieties about public speaking and realize that they

"I think the world needs more to laugh about. ... I just really feel like kids are so involved in stuff that they just need a laugh."

— Ballard High School speech coach Lisa Ronca

all have a voice they can share," Ronca said. "Whether that means they have one line in a play, a lead, or they're a techie, getting involved in some way helps develop kids."

There were 122 students signed up for last year's speech competition, and 50 students went on to perform in the IHSSA individual speech competition later in the school year.

Ronca said that in a typical year, there are 15 to 20 performances from Ballard students at the contest.

Students have the chance to perform in productions ranging from one-act plays, choral readings and radio broadcasts to improvisational comedy, musical theater and the occasional mime.

While Ronca said she sometimes uses scripts, poems and stories from other writers for her productions, she also tends to write her own comedy pieces.

One of her favorite things to create is spoof musical theater, where she takes current Broadway songs and rewrites the lyrics for her students. Since she started writing spoofs, Ballard teams have performed musical theater pieces inspired by Star Wars, Harry Potter and Disney.

Ronca said she strives for comedy in most of her work, and the sense of humor helps Ballard stand out at competition each year.

"I think the world needs to laugh a little more. There's a lot of serious stuff that's awesome,

and we've had some success with serious things," she said. "But I just really feel like kids are so involved in stuff that they just need a laugh."

Part of Ronca's job as the speech coach also requires her to direct students against what they may have originally wanted to perform. Ronca recalled one student who wanted to act in one category, but was a stronger writer. Ronca recommended that the student participate in the "Original Oratory" category, which required the student to write her own work. The student went on to attend the IHSSA All-State Festival, one of the highest honors at the competition.

Ronca said roughly 15 to 30 Ballard students are awarded All-State performances each year, but she tries not to make it a goal from the start of rehearsal. Instead, Ronca focuses on making sure her students are developing their fine arts skills to the best of their abilities.

"I think there's a spot for every kid," Ronca said. "Our goal is to try to guide them to the thing they're most successful at."



A NEW ERA FOR EDWARDS

820 MILLER AVE

The first of the Ames Community School District's new elementary schools prepares to open its doors to students for the first time



Guests tour the kitchen and cafeteria of the new Edwards Elementary on July 10. PHOTO BY GAVIN ARONSEN/FACETS

STORY AND PHOTOS BY
GAVIN ARONSEN

The Ames Community School District opened the new Edwards Elementary School building to the public for the first time July 10, offering tours to hundreds of people who stopped by to see the first finished project financed by the \$55 million bond referendum passed in 2012.

Construction began in November 2012 on the \$12.2 million school, which features natural lighting, geothermal heating and cooling, enhanced security features, spacious classrooms and activity

"It seems they thought about everything to help my child grow and thrive in an environment away from his home."

— Belinda Meis, parent of a future Edwards student

areas and a large gymnasium and playground.

Located at 820 Miller Ave. in southwest Ames, the school provided a glimpse at what Edwards students have in store when classes begin Aug. 14 and also

an idea of what the four other elementary schools being renovated or newly built as a result of the referendum will look like.

"It's awesome!" said Marley Turk, 7, an incoming second-grader at Edwards who toured

the building with her father, Jesse, and 9-year-old sister, Sydney, who will be a fourth-grader this fall.

Sydney echoed her sister's sentiment.

"It has bigger space and it's nicer (than the old Edwards building)," she said. "This is nice."

The Edwards construction project was managed by Taylor Ohde Kitchell of West Des Moines. RDG Planning and Design of Ames did the architecture, and the building was furnished by Storey Kenworthy of Ames.

CONTINUED ON PAGE 11

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Guests peruse floor plans of the new Edwards Elementary on July 10. PHOTO BY GAVIN ARONSEN/FACETS

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"It seems they thought about everything to help my child grow and thrive in an environment away from his home," said Belinda Meis, whose 5-year-old son Jackson will attend Edwards as kindergartner this fall.

At the open house, representatives of the companies involved in building and furnishing the school were on hand, as were a number of school district officials.

"We've had a great turnout tonight," said Luke Deardorff, president of the Ames school board.

"It's great to see the parents and community members getting a first chance to look at this building and what the kids will be experiencing this fall."

The school district plans to hold an official ribbon-cutting ceremony at the new school on Aug. 12.



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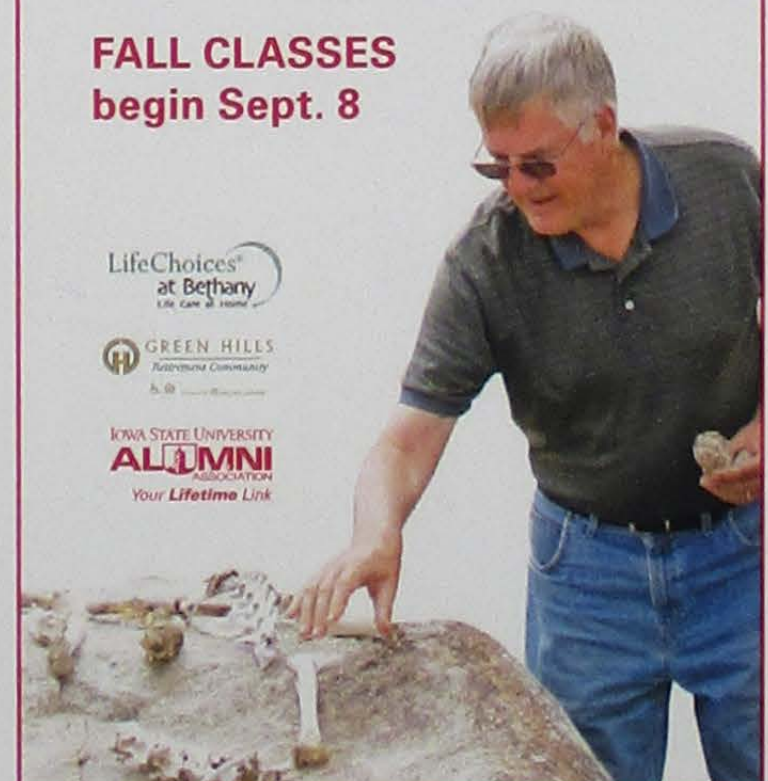
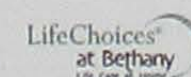
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“It’s great to see the parents and community members getting a first chance to look at this building and what the kids will be experiencing this fall.”

— Luke Deardorff, president of the Ames school board

RECESS RENOVATION

DANGER
KEEP OFF

It's not just the Ames School District's elementary schools that are getting facelifts — many of their play facilities are being remodeled as well.

BY TODD BURRAS

Fellows Elementary groundbreaking ceremony

A groundbreaking for the new school building, the opening of a time capsule and the "honoring" of the wooden fort playground structure at Fellows Elementary School will coincide with an ice cream social at 5:30 p.m. Thursday, Aug. 14, at the school. The event will provide limited access to the structure for the last time as it is slated for deconstruction.

"In short, we are inviting anyone who helped build this structure to honor their work," Fellows Principal Carol Page said. "This structure was a magnet for so many community families through the years and it was a piece structured with love. There is also a time capsule under the structure that we will be removing during the groundbreaking. Bob Kelly will be helpful in locating it and helping to 'tell the story.'"

Elementary School will have new playground to play on a year from now.

- In northwest Ames, students at Sawyer Elementary School will have their existing playground supplemented with some new features next summer. Sawyer is undergoing a remodel of its existing building.

- In north-central Ames, preparations for the construction of a new school for Fellows Elementary that will be situated on the site of the old playground necessitated the deconstruction of the old playground structure, which was built in 1992, and the construction of a new, temporary playground for the current school year. Once the new school is built, the playground will be moved again.

The revamping of the playgrounds is just a small piece to a municipally bonded \$60 million 3 1/2-year overhaul of Ames' five elementary schools that began more than a year ago with the construction of the new Edwards school.

"The playgrounds are a small portion of what's involved with

upgrading all of the elementary facilities," said Gerry Peters, director of facilities planning and management for the Ames Community School District, who is overseeing all the changes. "But it's a chance for us to bring the playgrounds up to standards."

Peters said the district put aside \$750,000 to be distributed equitably among the five schools for new equipment and its installation. But not all that money is going solely for new slides and swings.

"There's a certain amount of preparation that goes into the planning of the playgrounds," Peters said. "There are drainage considerations, the need for curbing, fall materials that need to be put down and then there's equipment and the installation of it, all of which costs money."

While some of the equipment at the schools will be saved and relocated, the popular wooden fort structure at Fellows won't be.

"Wood deteriorates over time — it splinters and the instructional integrity of the wood is compromised," Peters

said. "Iowa Code mandates that we properly dispose of property, but that doesn't necessarily mean it gets thrown away and isn't recycled. But, on our end, because of the timeline and deadlines we're working under to complete a new school there, we don't have time to go through all of the wooden pieces to determine what's still safe and what's not. In reality, the structure has reached its life expectancy, and it's not realistic to repurpose it."

In replacing equipment, Peters said he likes to work with the parent-teacher organizations of each school to determine what features they want for their playgrounds.

"I like each school to be able to have a say as to what they get," Peters said.

"There are all the traditional kinds of equipment, but there are also a lot of exercise features that are a series of obstacles that they can work through that focus on the development of big motor skills and that promote getting moving and being active."

For example, at the new Edwards school, the playground features several big synthetic rock structures that are about 6-feet tall and provide children the chance to crawl around on them and to experience different textures.

"There are so many things that are available anymore in the area of playground equipment," Peters said. "But it's really not that complicated. Kids love swings. They like slides. They like many of the same features that have been around for a long, long time."

Left: The new playground equipment installed at the new Edwards Elementary was showcased during a July 10 open house. PHOTO BY GAVIN ARONSEN/FACETS

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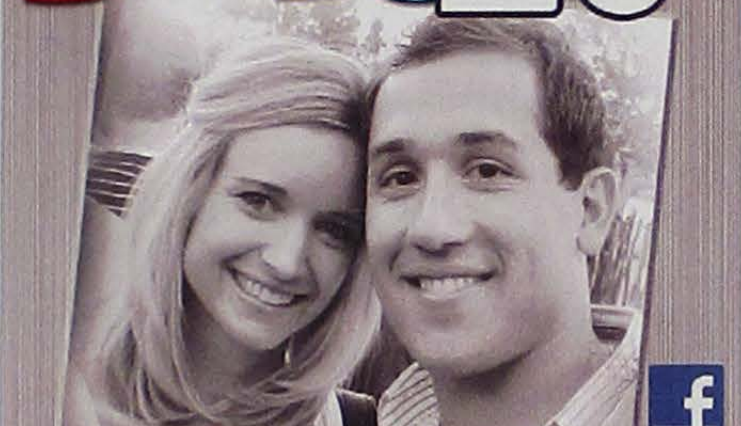
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Gilbert Community Theater performs during a rehearsal of "Footloose" at the Gilbert High School Auditorium. PHOTO BY NIRMALENDU MAJUMDAR/AMES TRIBUNE

STAGE PRESENCE

Gilbert High School's brand new auditorium led to another boon for the town — a community theater

By JULIE FERRELL

When the Gilbert School District opened its new high school, the space not only created more opportunities for students. It also provided an opportunity for stage performers.

With the opening of the

new high school auditorium, Gilbert theater director Virginia Beecher saw the chance for a new Gilbert community theater, which could welcome in actors from middle school to older community members.

Beecher's dream is becoming a reality next weekend, when the new Gilbert Summer

Theater will open its first-ever production, "Footloose."

"I thought a community theater would be good way for a pocket of people within the big community to get to know each other," Beecher said. "And it's silly to let (the auditorium) sit all summer with nothing. When you spend this amount of

money, you should probably use this as much as you can."

To get started, Beecher said she told high school students about auditions for the show, and most interest came through "word-of-mouth." With more than 35 cast members

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Gilbert Community Theater performs during a rehearsal of "Footloose" at the Gilbert High School Auditorium. PHOTO BY NIRMALENDU MAJUMDAR/AMES TRIBUNE

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in the show, Beecher said the age group ranges from 11 to 50 years old.

Along with current Gilbert students and community members, several recent Gilbert graduates came back to experience the new auditorium. For Carrie Goossen and Jared Haverdink, both 2012 Gilbert High graduates, a new auditorium was on their wishlist throughout their four years of performing in high school plays, musicals and choirs. With both of them back in their hometown for the summer, they couldn't pass up the opportunity to see

the new stage.

"Once they built this new auditorium that we so badly wanted when we were in high school, I was like 'I'm taking any chance I can get to get up there,'" Goossen said.

But finding the cast for a new theatrical group wasn't one of the bigger challenges for the production. With only one month from first rehearsal to opening night, the cast was required to memorize the play in a much quicker timeframe than a typical show.

"They don't have an hour every day in chorus to work on their songs," Beecher said.

"Largely, they were kind of in charge of learning the music on their own."

While the rehearsal process was shorter, the timeframe allowed Gene LeVasseur, worship and music director at Bethesda Lutheran Church in Ames, to act in his first production since his college years.

"A typical six to eight-week production, with a couple weeks of performance, is just too big of a commitment," he said. "So for me, I love it because I can still put it together in a condensed time and still have my summer."

As for the future of the community theater, Beecher said

the decision is still up in the air. She would like to see it become either an annual event or produce a show every other year, and potentially even link it with the annual Gilbert Days celebration at the end of July. But Beecher said the future of the theater performance will depend on the community's interest.

"If the kids and the adults show some interest, then I'm more than happy to do it. But I don't want to go hunting," she said. "It's really fun to see your neighbors and friends go do something like this that's outside of the box."

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MARIPOSA: STUNNING BY ALL MEASURES

By NORMAN WINTER
MCT NEWS SERVICE

The Mariposa coleus stands so tall and picturesque next to our blue-glazed Vietnamese-glazed containers. It was everything I knew it could be, but now in retrospect it seems like it was such a long journey.

You see it was well over a decade ago that I first saw Mariposa at the California Pack Trials. I remember it vividly because it stood out like a giant compared to all

the others and yielded deep burgundy color that was simply stunning. I thought surely it would soon be the most sought after variety in the market.

While some surely were in production it was other varieties like Redhead and Big Red Judy that shot to the head of the class. Indeed they have both been outstanding performers.

Mariposa, which by the way means butterfly in Spanish, has survived the industry's marketing onslaught of new varieties

and has indeed made it to the East Coast. It excelled in trials from Oregon to Georgia and has demonstrated both its beauty and durability. It pushes 32 inches tall with huge 8-inch leaves that are variegated with dark purple-burgundy in the center and lighter burgundy as you move outward.

Ours has had no problem with the hot sun and has been slow to bloom, which is just perfect; after all, it is

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PHOTOS BY MCT

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the exotic foliage we want versus the blooms. We gave the area good bed preparation with loose well-draining organic matter. No doubt this paved the way for it to survive torrential downpours and keep performing like a champion.

If you have tight, heavy clay, then work on improving your soil condition too. Ideally, at least one-third of the final soil mix should be some type of organic material.

To accomplish this, spread 2 to 4 inches of organic matter and about 2 pounds of fertilizer per 100 square feet. My favorite fertilizer for coleus is a 12-6-6. Till this in and you'll be ready to plant. This pre-plant fertilizer followed by light monthly applications

will keep the plants growing well until frost. Don't forget to mulch!

At the Coastal Georgia Botanical Gardens we planted the Mariposa not only in combination with the colorful containers I mentioned above, but also Coral SunPatiens, Wendy's Wish salvia, Mystic Spires Blue salvia and Blue Princess verbena. It is a very welcoming entrance to our offices.

The rich burgundy of Mariposa allows it to combine well with a lot of other plants, including other coleus. Lime green varieties make exceptional partners. One that I would heartily recommend as a companion would be Wasabi. Wasabi is equally tall though the leaves are smaller.

The leaves are deeply serrated and I have never

seen it bloom. My next favorite lime green variety is Electric Lime. It is a terrific lime green with bright yellow veins throughout. It too is vigorous and is slow to bloom. Both Wasabi and Electric Lime reward pinching by developing a small bush-like habit.

The summer is just getting started. Planting some Mariposa coleus this weekend with your favorite flowers or in some thrilling combinations with other coleus will give you a bed that performs until cool weather arrives in the fall. To me this is good value for your gardening dollar.

Norman Winter is director of the Coastal Georgia Botanical Gardens at the Historic Bamboo Farm, University of Georgia Cooperative Extension, and author of "Captivating Combinations Color and Style in the Garden." Follow him at: @CGBGgardenguru.

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DIY TRAIL FOOD

While these two bar recipes are designed for adventures, they also make a tasty lunchbox addition

BY JACKIE BURRELL
CONTRA COSTA TIMES

Fresh air, gorgeous views and mile after mile of rugged, eminently walkable wilderness — there are few forms of exercise more enticing than a hike along one of the Bay Area's many beautiful trails. It's good for the body, mind and spirit.

Or it would be, if you weren't nibbling a high-sugar, additive-laden, uber-expensive, store-bought energy bar — or what Camilla V. Saulsbury calls “a peanut butter sponge with a chocolate Ex-lax-like coating.” You can do better than that, says the author of “Power Hungry:

The Ultimate Energy Bar Cookbook.” It takes less than half an hour to make several dozen bars. You can store them in the freezer, fridge or backpack. And the difference in taste, texture and cost is pretty shocking.

Saulsbury spent her childhood hiking the trails and backwoods of Northern California, and her grad school years holed up in a library with a stash of processed power bars for sustenance. They tasted terrible.

“I was living out of my backpack. The taste factor started to get to me real soon — and they weren't providing energy,” Saulsbury says. “I thought, I can make something like this. So we

made granola bars — oats and some glue to hold it together. It cost so much less and was so much better tasting.”

Soon, Saulsbury was making all sorts of riffs on the energy bar theme: Clif Bar taste-alikes without the soy protein isolates, a byproduct of the tofu industry; Kind Bar look-alikes that have all your favorite dried fruits and nuts; crisp, puck-shaped discs of nutty-seedy splendor and energy bars filled with banana chips, citrus zest, quinoa flakes and even kale.

So what does Saulsbury tote when she hits the trails? “I would definitely opt for a bar with a grain base. You need those

hearty carbohydrates for those long hikes,” she says. “When it gets hot, it needs to hold together. And seeds and nuts have that portable protein.”

We whipped out a batch each of her Nick Bars — those are the better-than-a-Clif bars — and Friend Bars, which emulate the Kind variety.

When you make your own, you control the ingredients, of course. So our “Friend Bars” were full of dried apricots, pecans and pepitas, but yours might be made with dried apples, pecans and cinnamon. Or shredded coconut and almonds. Or ground ginger, almonds, sesame seeds and dates.

"Sometimes, simple is best," she says. "Growing up, we had a VW camper with a pop-up top for the five of us. We'd go to Samuel P. Taylor Park or all the way up to Canada. We'd take a big container of almonds and raisins, protein from the nuts and then simple carbohydrates from the dried fruit."

But if you want to get a little fancy with minimal effort, she suggests mixing up a batch of her Paleo Pucks, nuts and dried fruit held together with egg white and a tablespoon of honey or maple syrup. "You bake them in a muffin tin," she says. "Super simple. Nice to grab."

Highly addictive. And good for you, too.

FRIEND BARS

Makes 10 bars

Note: Do not substitute agave nectar, honey or maple syrup for the specified syrups, which are essential for binding the ingredients.

1 1/2 cups chopped assorted raw or toasted nuts and/or seeds, such as cashews, sunflower seeds, green pumpkin seeds, peanuts, pecans

1/3 cup crisp brown rice cereal

1/2 cup chopped dried fruit, such as raisins, apricots, berries, dates

1/3 cup organic light corn syrup or brown rice syrup

1/8 teaspoon fine sea salt, optional

Line an 8-inch square baking pan with foil or parchment paper, letting the ends protrude by a couple of inches. Spray with nonstick cooking spray. Preheat oven to 325 degrees.

In a large bowl, stir together the nuts or seeds,

cereal and dried fruit.

Add syrup and salt; stir until evenly coated.

Transfer mixture to prepared pan. Place a large piece of parchment paper or plastic wrap (coated with cooking spray) atop bar mixture; use it to spread, flatten and very firmly compact the mixture in the pan. Discard the paper.

Bake for 17 to 20 minutes or until slightly browned at the edges, but still somewhat soft at the center. Cool 20 minutes in pan on a rack.

Lift mixture from pan and transfer to a cutting board. Cut into 10 bars. Cool completely. Tightly wrap the bars individually in plastic wrap. Keeps 3 days at room temperature, up to 2 weeks refrigerated and up to 3 months in the freezer in an airtight container.

NICK BARS

Makes 12

1 cup packed soft dates

1 cup warm water

1 1/4 cups crisp brown rice cereal

1 cup quick-cooking rolled oats

1/4 cup coarsely chopped roasted or toasted nuts or seeds, such as peanuts, almonds, sunflower seeds

2 tablespoons flaxseed meal

1/2 teaspoon cinnamon

1/2 cup natural, unsweetened nut or seed butter, such as peanut, cashew or sunflower

1/3 cup honey, agave nectar or pure maple syrup

1 teaspoon vanilla extract

1/8 teaspoon fine sea salt

1/4 cup miniature semi-sweet chocolate chips

Line a 9-inch square baking pan with foil or

parchment paper, letting the ends protrude from the pan by a couple of inches; spray with nonstick cooking spray.

Combine the dates and warm water in a small bowl. Let stand 5 to 10 minutes, until the dates are soft (time will vary according to the dryness of the dates). Drain and pat dry with paper towels.

In a large bowl, stir together the cereal, oats, nuts or seeds, flaxseed meal and cinnamon.

Place the dates in a food processor. Using on/off pulses, process until finely chopped. Add to the bowl with the cereal.

In a small saucepan, combine the nut or seed butter and honey.

Heat over medium-low, stirring, for 2 to 4 minutes, until the mixture is melted and bubbly.

Remove from heat. Stir in vanilla and salt.

Immediately pour the honey mixture over the cereal mixture, mixing with a spatula until coated. Gently stir in the chocolate chips.

Transfer the mixture to the prepared pan. Place a large piece of parchment paper or plastic wrap (coated with nonstick cooking spray) atop the bar mixture and use it to spread, flatten and very firmly compact the mixture evenly in the pan. Cool at least 1 hour until firmly set.

Using the pan liner, lift the mixture from the pan and transfer it to a cutting board. Cut into 12 bars.

Tightly wrap bars individually in plastic wrap.

Keeps at room temperature 3 days, in the refrigerator up to 2 weeks and in the freezer for 3 months in an airtight container (let thaw 1 hour before using).

THINGS CHANGE...

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BACK-TO-SCHOOL STYLE GUIDE

Back to school in Ames relates to all ages. It seems like everyone from pre-schoolers to professors can be counted on to arrive at salons looking for a fresh haircut, a hair color needing repair after too much sun and wind, and the myriad of treatments for hands, feet, face and body. So what is new for back to school?

I have a black and white gradeschool picture from the second grade at Lowell Elementary School in Waterloo.

There, I was the daughter of a successful salon owner/stylist looking like I just rolled out of bed with no thought to my

hairstyle. It was a pixie cut and blonde but disheveled. My dress collar was pressed and neat, but my hairstyle did not make a great impression.

Years later, while visiting Edwards School when my daughter was there, I noticed other children like myself with that same messy style, cowlick sticking straight up on the top. Seems that looks for school have always been a challenge for us as children and that may persist into adulthood as well.

So do consult your professional stylist or student stylist if you are near a school of cosmetology.

They will be able to suggest an easy-care look for back to school. Every year, every length is in for the season. Blunt cuts or tapered are always out there.

The key is wearing a look even a child can manage and that leaves mom and dad proud.

The difference now is that even the youngest lady or gentleman can express her or himself in the hairstyle.

You've seen them wear designs cut into the hair forming designs or a school mascot or number. Hair color is for both genders now. Ten-year-old guys wear streaks of a color not provided by nature.

No longer do professionals tell you what to wear to fit the latest fashion. They actually expect that the guest will want something individual and the stylist is prepared to create it.

I couldn't manage a fish-tail braid on myself or a child daily, but some parents can, so go for it. Dreadlocks are worn

by all cultures, and they allow someone to go for a long period of time without daily prepping.

While not entirely new, what is showing in the magazines for fall is a pixie a bit longer, a wedge cut longer in the front than the back and those fishtail braids.

Color accents are trending and individuality is the key always. Design color doesn't come in a box. You need a professional for that.

All ages require treatments to help damaged hair from summer fun recover, or maybe only a cut will salvage what's left.

You've got less than a month to get a plan together to make a great first impression at school or work. And always consult the experts.



LOKKEN

YOU + YOUR MONEY

If it is true that "You are what you eat," is it also true that "You are how you spend?"

How we earn, spend and save clearly reflects our priorities. If your current priorities are out of sync with your beliefs, money can create real problems in your life and relationships.

Planned money discussions can help align your priorities with your money habits. Even single people need this discussion.



PETERSEN

You may think single people have no money conflicts; I have a personal money discussion each quarter and trust me, I have conflicts with myself.

Conflict, in most issues, revolves around how much current gratification you are willing to give up for the possibility of future gratification.

This is not only a financial issue; we make the same kinds of decisions in every part of our lives.

Take out the garbage or come home to stinky house?

Eat a hot fudge sundae or go to the gym?

So why do we make the decisions we do? It is the consequences. The timing and severity of the consequences impacts our decisions.

The consequence of not taking the garbage out is quick and unpleasant.

The pleasure of the hot fudge sundae is immediate; you may not realize the affect of more calories and less exercise for weeks or even months.

TIPS FOR HEALTHY MONEY RELATIONSHIPS:

1. Plan systematic "money meetings."

Define dreams and goals; generate ideas to create your future.

Time your financial meeting carefully. Choose times that are relaxed and unrushed.

2. Realize there are certain, unchangeable facts you can't:

- Change the past.
- Spend the same money on two different things.
- Make your partner into a different person.

Be clear about what you want to achieve.

3. If you are the person initiating the financial discussion, it is OK to rehearse in advance. Consider how and when to approach your money discussion; timing can make the difference between success and failure.

4. If a discussion looks as though it may become a stalemate, consider a timeout. Suggest that if you each write an outline of your position. When the tension is gone, you can use this information to identify points of agreement and disagreement.

- Stalemates happen even when the discussion is with yourself; it is easy to say, "I just can't decide on my real priorities." Disciplining yourself to outline your short and longer term goals is a good way to define your financial priorities.

Money is a tool to be used to create a good life for you and your family.

Use these basic steps to create an environment of consensus and open communication.

Because life is ... more than money

Karen L. Petersen CFP® CDFATM is a fee based financial advisor. You can contact her at 515 232 2785 or karen@mymorethanmoney.net

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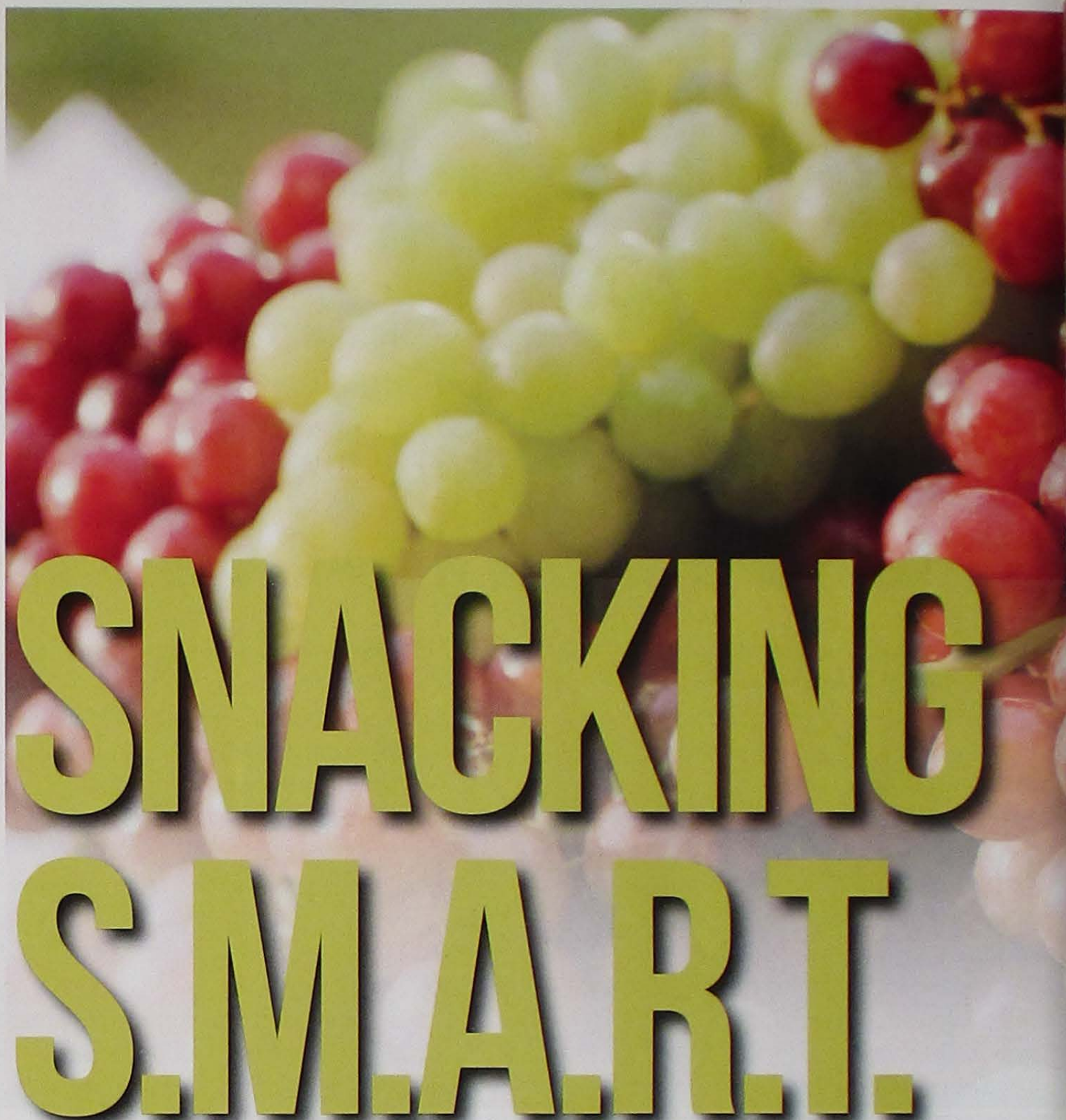


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NOURISH



A new school year has officially begun. Children, teachers and parents alike are excited for the learning, challenges and fun in store for the coming year. Learning is fueled by healthy meals and snacks, but healthy habits can be hard to develop. The SMART snacking tips below help parents teach kids healthy snacking habits — habits they will carry with them as they continue to grow and mature. Teaching kids healthy habits at a young age sets them up to successfully care for themselves as adults.



ARNOLD

S: Structure: Plan to make snacks a part of the daily routine. Set a specific snack time, plan the foods you will serve at snack and stick to it. When kids know and trust that a snack will be served at roughly the same time every afternoon, they are less likely to snack casually throughout the afternoon or make impulsive choices to satisfy their hunger.

M: MyPlate: According to MyPlate, fruits and veggies should make up half your plate at meals, but the same goal applies to snacks as well. Plan snacks that pair fruits or veggies with foods kids already like. Some ideas include:

- String cheese + grapes
- Hummus + baby carrots + whole grain crackers
- Yogurt + sliced banana + granola
- Fruchi real fruit smoothie (August Dietitian Pick) + celery sticks + peanut butter
- Zucchini Muffins (recipe follows) + low-fat milk

A: Attitude: Kids have high energy and need nutrition to fuel their growing bodies and minds. Teach kids that snacking helps take care of their bodies by providing the energy and nutrients their bodies need. Model this attitude for kids by caring for yourself with a healthy snack, too.

R: Roles: Parents and kids each have important jobs at snack time. Parents decide what, when and where the snack will be. They set up the snack structure and make



sure it becomes a routine. Kids choose if they will eat the snack that day and how much they will eat. Keeping these roles allows kids to try new foods, enjoy favorite foods and provides the energy and nutrients their bodies need.

T: Try it: Gently encourage kids to try new foods by serving new foods at snack once in a while. Pair new foods with foods that are kid favorites (like cheese or crackers) and be patient. You may have to serve a new food a few times before kids will even try it, but persistence will pay off. The more times kids are around a new food, the more likely they are to eventually try it and like it. You may be surprised at what your pickiest eater will taste and learn to enjoy eating.

These tips are not just for kids; adults benefit from healthy snacking habits too. Kids who see their parents modeling SMART snacking habits are more likely to become SMART snackers themselves. What better time to start a new routine than with the start of school? Be SMART when making choices to satisfy your back-to-school snack attack.

ZUCCHINI MUFFINS

Makes: 24 servings

All you need:

Non-stick cooking spray
1 1/2 cups all-purpose flour
3/4 cup almond flour
1 cup packed brown sugar

3/4 cup oat or wheat bran
3 tablespoon chia or flax seeds
2 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon ground cinnamon
2 large eggs, lightly beaten
3/4 cup buttermilk
1/3 cup cinnamon applesauce
2 teaspoon vanilla extract
3 cups grated zucchini, drained (about 2 medium)

All you do:

Preheat oven to 350° F. Lightly coat mini muffin pan with cooking spray; set aside.

In a large bowl, combine flours, brown sugar, oat bran, chia seeds, baking soda, baking powder and cinnamon; set aside.

In another large bowl, combine eggs, buttermilk, applesauce and vanilla. Stir in zucchini, mixing just until combined. Stir in flour mixture just until combined. Do not over-stir.

Spoon 1 tablespoon of batter into each muffin cup. If desired, top with walnuts. Bake for 12 to 14 minutes or until a toothpick inserted in center comes out clean.

Let cool in pan on a wire rack for 5 minutes. Remove muffins to a wire rack. Cool completely. Repeat with remaining batter.

Nutrition Facts per Serving: 110 calories; 3 g fat (0 g sat, 0 g trans); 15 mg cholesterol; 150 mg sodium; 20 g carbohydrate; 2 g fiber; 10 g sugar; 3 g protein.

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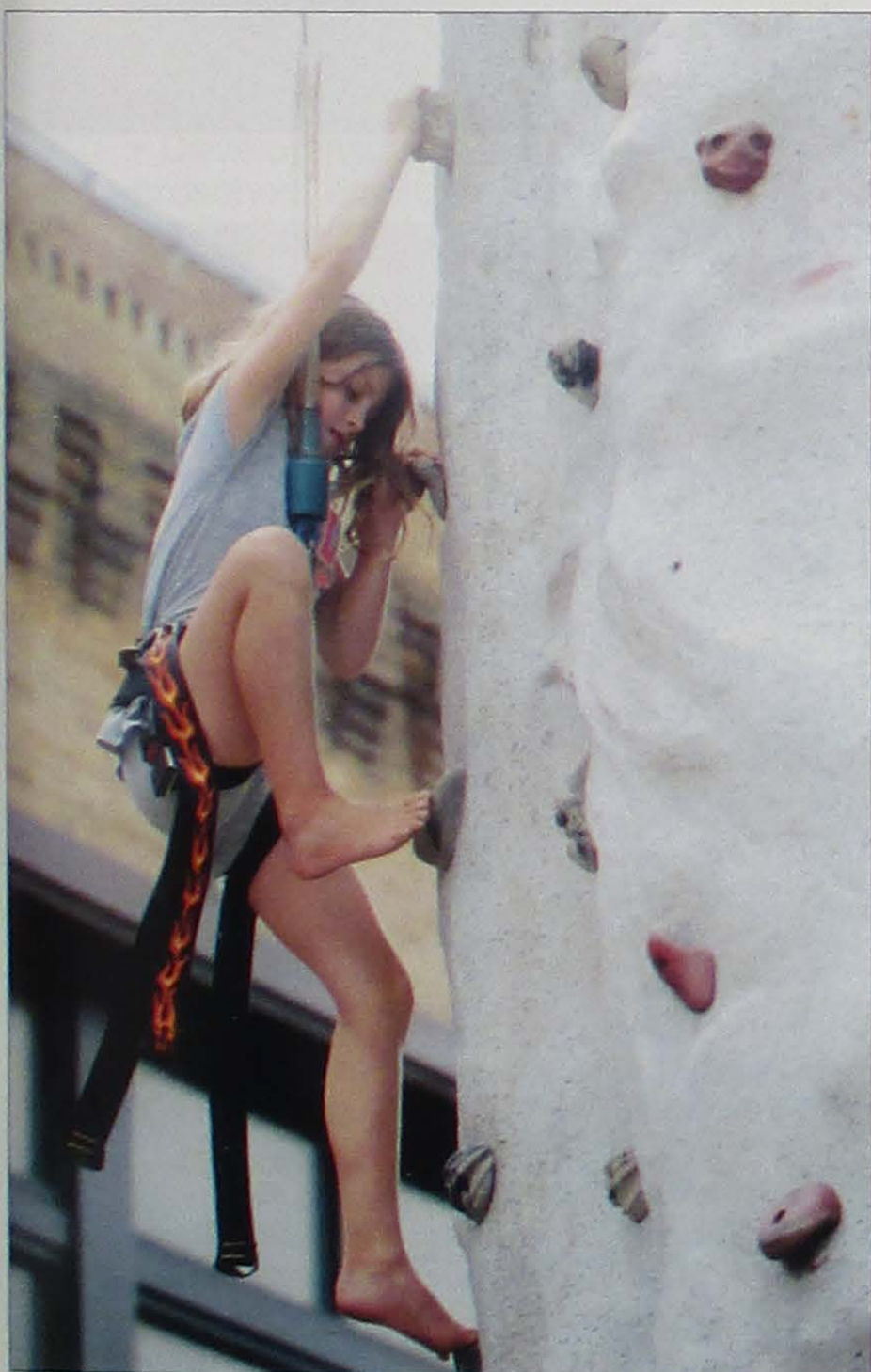
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Pyfferoen Pediatric Dentistry float moves down Main Street during the Fourth of July Parade in Ames.

Ella Steward, left, and her brothers Luke, Grant and Blake wave their American flags during the Fourth of July parade in downtown Ames.



Left: Jaina Brunscheon climbs a portable rock climbing wall during the Ames 150 celebration on Main Street.

Above: The Ames High marching band marches down Main Street during the Fourth of July parade in downtown Ames.



The audience enjoys the music during the Ames 150 celebration on Main Street.



Left: Ty Choate, 9, plays with several Hula-Hoops during the Ames 150 celebration on Main Street.

Above: From left, Steve Kellener, Alan Spohnheiner, Dee Dreeszen and Carl Bleyle perform during the Ames 150 celebration on Main Street in Ames.

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